

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 703082

Course Name: 4-5 Intermediate Health

Grade level: 5

Upon course completion students should be able to:



Standards

Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 5.1.1. Identify short and long-term effects of alcohol use.
- 5.1.2. Describe the benefits of limiting the consumption of solid fat, added sugar and sodium and explain the concept of eating in moderation.
- 5.1.3. List physical and emotional reactions to stress and identify positive and negative ways of dealing with stress and anxiety.
- 5.1.4. Explain the difference between infectious and non-infectious diseases, as well as how to prevent and treat them.
- 5.1.5. Describe safety precautions for playing and working outdoors in different kinds of weather and climates.
- 5.1.6. Describe basic male and female reproductive body parts and their functions as well as the physical, social and emotional changes that occur during puberty.
- 5.1.7. Explain that tobacco use is an addiction that can be treated.
- 5.1.8. Explain why it is harmful to tease or bully others based on personal characteristics and describe examples of pro-social behaviors that help prevent violence.

Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 5.2.1. Analyze how media influences thoughts and feelings concerning health behaviors.

Standard 3

Access valid information, products and services to enhance health.

- 5.3.1. Evaluate resources from school, home and community that provide valid health information.
- 5.3.2. Analyze the influences of family, culture, media and technology when accessing valid health information.

Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 5.4.1. Demonstrate verbal and non-verbal communication skills to enhance healthy behaviors for self and others.
- 5.4.2. Demonstrate healthy ways to manage or resolve conflict.
- 5.4.3. Demonstrate effective refusal skills that avoid or reduce health risks.
- 5.4.4. Demonstrate how to effectively ask for help in order to reduce physical, mental or emotional health risks.

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- 5.4.5. Demonstrate how to communicate empathy and support for someone.

Standard 5

Use decision-making skills to enhance healthy behaviors.

- 5.5.1. Demonstrate decision-making skills needed to avoid unhealthy choices.
- 5.5.2. Analyze when assistance is, or is not, needed in making a health-related decision.
- 5.5.3. Demonstrate how community, school, media and technology influence a decision related to personal health.

Standard 6

Use goal-setting skills to enhance healthy behaviors.

- 5.6.1. Analyze and revise, if needed, long-term goals to include positive physical, mental or emotional health.
- 5.6.2. Analyze goals and the influence family, peers, community, media and technology have on those goals.
- 5.6.3. Analyze lifestyles, skills and resources to determine the effect they will have on the achievement and/or maintenance of long-term personal goals.

Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 5.7.1. Analyze personal health practices and set goals to practice positive behaviors that affect physical, mental and emotional health.
- 5.7.2. Describe and demonstrate healthy practices and behaviors on a routine basis.
- 5.7.3. Describe health-enhancing practices and behaviors for physical, mental and emotional health.

Standard 8

Advocate for personal, family and community health.

- 5.8.1. Persuade others to engage in healthy behaviors through conversations, presentations and interactive media, using school and community resources.
- 5.8.2. Demonstrate how to advocate for others to make positive behavior choices to improve personal health and wellness